

The Power of Choice

Choice making is an antecedent strategy that can reduce or prevent maladaptive behaviours (aggression, self-injury, object misuse, tantrums, and social avoidance).

When you offer choice, the learner gains:

- an opportunity to control a situation in a positive way
- a chance to express preference
- increased attention to task
- motivation
- some independence
- decision-making skills
- a sense of accomplishment

THIS OR THAT

Would you like to use the pencil or pen for this assignment?

HERE OR THERE

Where would you like to do the activity? At the desk or on the floor?

FIRST OR NEXT

What activity/task would you like to start with?

THIS WAY OR THAT WAY

Would you like to walk fast or slow to the bus stop?

HOW MANY?

Would you like five more minutes or eight more minutes on the swing?

WITH WHOM?

Would you like to do the puzzle with Mark or Susan?

Be sure to offer choices that are available!

Reference

To Choose or Not to Choose?: a Systematic Literature Review Considering the Effects of Antecedent and Consequence Choice upon On-Task and Problem Behaviour
Melanie Howell, Katerina Dounavi & Catherine Storey
Review Journal of Autism and Developmental Disorders
volume 6, pages63–84(2019)

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